

LET'S GO TO A MOVIE

nothing but diet

6 inches MORE gone from your waist . . .
6 inches MORE gone from your hips . . .
6 inches MORE gone from your buttocks . . .
4 inches MORE gone from your thighs . . .
2 inches MORE gone from your calves . . .

60# BOOK COLORS

WHITE

PASTEL YELLOW

ANTIQUE GOLD

COOL BLUE

BLUE MONDAY

GAY GREEN

SURF GREEN

SANDSTONE

TANGERINE

PERSIMMON

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Goldthumb

Unless you alter your life, America, here's what's about to happen to

Your fathers that begot you page 158
Your brain page 164
Your body page 168
Your love life page 172
The boy next door page 178
Your town page 180
Your country page 188
Your sense of humor page 218
The rest of the world page 250